

---

## Pocket Practice for Insomnia

The following practice is to help guide you towards a restful sleep. It is important to understand that your insomnia is what is happening right now. It, like a cloud in the sky, will pass as you adopt a steady daily practice that supports a healthy lifestyle.

### Winding Down

1.  
Step away from your computer and electronic devices no later than 8:00 PM.
2.  
Try to avoid working after 9:00 PM.
3.  
Consider not exposing your mind to news, violent TV shows in the evening.
4.  
Avoid heavy relationship discussions and discussions which may result in ruminating.

### Personal Care:

Try this Ayurvedic bedtime drink to help settle your digestive and nervous systems

1/2 cup of warm rice milk or almond milk

2-3 threads of Saffron

Pinch of Nutmeg

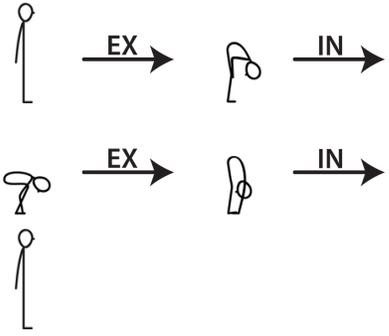
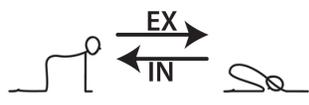
Pinch of Cardamom

Froth with hand whisk

Consider a dry brush routine of your body taking about 10 minutes to brush your arms and legs up towards your center, making circular motions around your joints. Massage your abdomen in counterclockwise motion and sweep from left armpit to lower right groin, right armpit to lower left groin.

## Pocket Practice for Insomnia

Do the asana practice below before going to bed. Find a quiet place where you won't be interrupted, a place where you feel comfortable and can transition to bed easily with little or no effort.

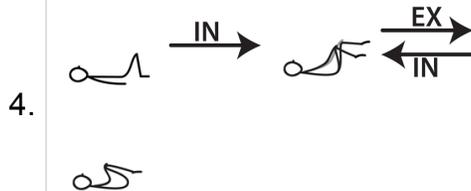
1.	 <p>The diagram shows a sequence of four stick figures representing the Uttanasana practice. 1. A standing figure. 2. An arrow labeled 'EX' pointing to a figure with arms raised and legs bent. 3. An arrow labeled 'IN' pointing to a figure with arms wrapped around the legs and torso folded. 4. An arrow labeled 'EX' pointing to a figure with arms raised and legs bent. 5. An arrow labeled 'IN' pointing to a standing figure.</p>	Uttanasana	<p>Standing with arms at your sides and using a settle breath to quiet the body. Inhale settle and on exhale allow your body to fold down so that your chest comes toward your thighs. Allow your arms to relax or wrap around your legs as you bend your legs. Inhale slightly to bring your chest close to your thighs, sitting back slightly. Release to exhale and roll down. Come back to standing while taking in a settle inhale. Focus on quieting the breath. Repeat 4 times.</p>
2.	 <p>The diagram shows a sequence of two stick figures representing the chakra Vakasana practice. 1. A figure in a low squatting position. 2. An arrow labeled 'EX' pointing to a figure lying on its back with arms and legs extended. 3. An arrow labeled 'IN' pointing back to the low squatting position.</p>	chakra Vakasana	<p>On hands and knees, and using a very settle breath, on inhale extend your spine keeping your chin neutral. On exhale, move back, hips towards your heels and rest your head and forearms down. Moving slowly and with your quiet breath, repeat 4 more times.</p>

## Pocket Practice for Insomnia



Gentle rocking twist

Lying on your back, with knees bent, gently rock your knees over to each side while turning your head the same direction as your knees. Try using a quiet inhale to bring your knees to center and an exhale to rock to the side. Pause feeling your body relax on each gentle twist, before coming to center with your inhale. Slowing down and allowing the body to gently rock and slightly twist will help you relax and digest your daily thoughts and challenges. Repeat 4 - 6x

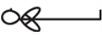


Apanasana

bring your knees up towards your chest with a hand on each knee. Bring your focus to your diaphragm noticing your quiet breath. Inhale and expand your diaphragm gently just enough to feel your breath in your back. While drawing your knees into your chest, gently exhale and draw your belly in towards your spine to massage your belly, organs, and the vagus nerve roots. Repeat 4-6x.

---

## Pocket Practice for Insomnia

5.  or 

Savasana

Lying supine with your hands resting at your heart center, allow your mind to focus on your heart center and feel your heart beat along with your quieted breath. Imagine quieting your heart even more as your sooth and hug inwards. Quietly chant to yourself, Shanti, Shanti, Shanti. Or Peace, Peace, Peace. Rest for up to 5 minutes before transitioning to bed.

Plan to be in bed by 10:00 PM.

Once in bed, do the following breathing practice:

Resting on your back, allow your attention to be on your breath, bringing it very settle. Consider placing your hands at your solar plexus, and notice the slight movement. Imagine a golden band encircling your rib cage at your solar plexus. Breathing in and out quietly to expand it's warm embrace.

On inhale silently chant to yourself, OM.

Exhale in 3 parts silently chanting Shanti, Shanti, Shanti or Peace, Peace, Peace.

Pause after each exhale to internalize peace and stillness.

(note, that the extended exhale and hold after exhale may cause slight air hunger which will cause the body to further relax)